

WHO'OKELE

# Life & Leisure

Chief Damage Controlman Hasani Rhymes instructs Sailors.  
U.S. Navy photo by MC2 Johans Chavarro



## SAILORS TRAIN TO FIGHT FIRE

### Navy Public Affairs Support Element West, Det. Hawaii

Sailors participated in a general shipboard firefighting training evolution last week at the Surface Warfare Officer's School (SWOS) at Joint Base Pearl Harbor-Hickam.

The training allowed students to practice proper fire hose handling procedures, firefighting maneuvers, teamwork and nozzle-man relieving procedures.

U.S. Navy photo by MC2 Johans Chavarro  
A Sailor receives guidance from an instructor during firefighting training.



U.S. Navy photo by MC2 Diana Quinlan  
Damage Controlman 2nd Class Jessica Grover advises Sailors.



U.S. Navy photo by MC2 Diana Quinlan  
Sailors based in Hawaii give thumbs up to an instructor prior to participating in general shipboard firefighting training.



Photo Illustration

U.S. Navy photo by MC2 Diana Quinlan  
Instructors assigned to the Surface Warfare Officer's School demonstrate firefighting techniques.

U.S. Navy photo by MC2 Diana Quinlan



# A GENT IN THE KITCHEN

BY: BRANDON BOSWORTH

## Can't 'beet' Borscht

The first time I ever had borscht was about 20 years ago at a Russian restaurant in Las Vegas whose name escapes me. Even though it was located in a dinky strip mall, the interior was all wood and decorated like a dacha. The customers wore lots of black leather, smoked cigarettes, and resembled extras from the movie "Eastern Promises." To call the staff surly and brusque would be an understatement.

Ah, but the food! I ordered borscht primarily because I had never had it and it is such an iconic dish. I wasn't disappointed.

In the following years, I rarely ate borscht. It isn't an easy item to find in Hawaii restaurants, so I decided to try to make it myself.

I looked at several different recipes, especially those by chef Mark Reinfeld, picking and choosing between them to come up with something delicious.

### Borscht

Serves 6

- 1 onion, chopped
- 4 garlic cloves, minced
- 2-3 celery stalks, chopped
- 2-3 carrots, chopped
- 6 cups of water or vegetable broth
- 2 bay leaves
- 1 potato, peeled and chopped
- 3 beets, peeled and chopped
- 1/2 head of cabbage, chopped
- 2 tablespoons lemon juice
- 1 tablespoon red wine vinegar or balsamic vinegar (or two teaspoons of each!)
- 1 tablespoon tamari or other soy sauce
- 2 tablespoons nutritional yeast
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon celery seeds
- 2 tablespoons (at least!) of minced fresh dill

Sour cream or mayonnaise

Heat a tablespoon or two of olive oil in a large pot with a lid on medium-high heat. Add the onion, stirring for three to five minutes. Add the garlic, and stir for another minute. Add the celery and carrots, and continue to stir for a couple of minutes.

Add the water or broth, bay leaves, potato, cabbage and beets. A word of caution: If you aren't used to working with them, peeling and slicing beets can be a bit of a chore and a tad messy. Bring the water to a boil, reduce the heat to low, and cover. Cook for 20 to 30 minutes, stirring occasionally.

The beets usually take the longest to cook. Check them periodically and, once they are soft, uncover and add the lemon juice, vinegar, tamari, nutritional yeast, caraway and celery seeds, and dill. Stir well, and cook for about another five minutes.

The time has now come for you to make a big decision: Do you prefer your borscht chunky or creamy? If you prefer chunky, you're basically done. If you prefer creamy, get out your immersion blender and start blending. I prefer a sort of Goldilocks borscht, neither too chunky nor too creamy, so I only blend about half of it. The result is a borscht that is basically creamy but with a few chunks of tasty veggie goodies.

Serve with a dollop of sour cream or mayonnaise, and cue up some Tchaikovsky for the total Russian experience.

*(Brandon Bosworth blogs about food, fitness, philosophy, martial arts, and other topics at [www.agentintraining.com](http://www.agentintraining.com).)*



The borscht cooking, prior to blending.



Borscht, after being blended.



The final dish.



Staff Sgt. Antwan Cotton hammers down one of his four dunks for the 647th Civil Engineer Squadron (647 CES).

## 647th Civil Engineers stay perfect with huge victory

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

After sending the 690th Cyberspace Operations Squadron (690 COS) to their first defeat two weeks ago, the 647th Civil Engineer Squadron (647 CES) kept pace with Navy Information Operations Command (NIOC) Hawaii as the only other unbeaten team in the Blue Division with a commanding 75-41 victory over the 324th Intelligence Squadron (324 IS) on March 19 at Joint Base Pearl Harbor-Hickam Fitness Center.

Although the 324 was able to stick around for portions of the game, the team which arrived at the gym with only six players was eventually worn down by the constant pressure applied by the 647 CES.

Up by 13 at halftime, the 647 CES used their superior numbers to their advantage in the second half and ran the 324 off the court for the lopsided win.

An unheard total of 11 players got in the scoring column for the 647 CES, with three players breaking double digits.

"We were going to just try to sub in five at a time and try to just run them," said 647 CES head coach Tech. Sgt. Antonio Robinson. "But they (324) were

playing pretty good D, so I had to get my team settled down."

After taking a 17-4 lead with 14:05 remaining before halftime, behind the shooting of Senior Airman Jonathan Bates, the 324 shrunk the advantage down to nine at 26-19.

However, with the starting rotation back on the court, the 647 CES pulled away again on baskets by Staff Sgt. Roy Jackson and Tech. Sgt. Brian Matthews to make it 30-19.

Then, with a minute to go before halftime, Staff Sgt. Brian Sanders knocked down two free throws to keep the lead at 11 with a 34-23 advantage.

"We just wanted to get our fresh legs in there and just tire them out," said Robinson about how the CES was able to pull away every time the 324 would make a run. "It's just fundamental basketball."

In the second half, the CES just stepped on the gas and easily pulled away from the 324 IS.

The CES got their first 20-point lead at the eight-minute mark and then put on a show that was highlighted by the thunderous dunks of Staff Sgt. Antwan Cotton.

In a series of dunks noteworthy of any highlight reel, Cotton threw down his fourth and final throw down at the buzzer

to end the game.

Cotton, flying in from the right side of the basket, caught a perfect alley-oop pass from Sanders before shoving down a rim-rattling tomahawk that brought the crowd to their feet.

Cotton led the CES with 12 points and was followed by Sanders with 11 and Staff Sgt. Josh Smith with 10.

Meanwhile, the game's leading scorer came from the 324, with Bates scoring 18 points.

"It's just practicing and being unselfish," said Robinson about the fact that so many CES players scored points for his team. "Everybody on this team is unselfish. They're looking to get the better shots and get the easy buckets."

With the regular season coming to a close in a couple of weeks, Robinson said that the focus is now on making sure that everyone on the team gets some playing time and is ready to go in the postseason.

Still, before the team can even begin to think ahead to the playoffs, Robinson said that the CES has some unfinished business — a showdown with NIOC for the Blue Division title.

"We're coming," Robinson said to NIOC. "We're looking forward to a good challenge."

## MFSC to hold upcoming events

Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) will hold upcoming events.

- A pinwheel planting event will be held from 10 a.m. to noon April 2 at MFSC Wahiawa (NCTAMS).

The pinwheel serves as the national symbol for child abuse prevention. It is a reflection of hope, health and safety — what should be desired for children everywhere. Pinwheels will be planted for children in honor of National Child Abuse Prevention Awareness Month.

- An Infant and Toddler Clothing Swap and Information Fair will be held from 10 a.m. to noon April 9 at MFSC Hickam.

The clothing swap is a way to get baby clothes for free. Families are encouraged

to bring a bag of gently used children clothing for swapping and go home with the bag filled with new gently used clothes for their babies and toddlers. This event is designed to bring families together to strengthen their social connections and support.

- Recruitment for the Central Intelligence Agency will be held from 11 a.m. to noon April 20 at MFSC Pearl Harbor.

An agency representative will be on hand to discuss qualification procedures and the hiring process and answer questions. Because the class fills quickly, participants are asked to register online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

For more information on MFSC events, call 474-1999.

## Easter Sunrise Service to be held at Battleship Missouri

Brandon Bosworth

Assistant Editor, Ho'okele

The Battleship Missouri Memorial will host its annual Easter Sunrise Service beginning at 6:30 a.m. April 5. This is a multi-service event with chaplains from the Navy, Air Force and Army participating.

The service is a free event and is open to anyone with base access. The inter-denominational service runs about an hour long. Guests are advised to arrive by 6 a.m., and carpooling is encouraged. Dress will be crisp aloha attire.

The Battleship Missouri Memorial Easter Sunrise Service is a popular

event, often attracting more than 1,000 people each year.

Chaplain Cdr. George Mendes, Pearl Harbor Memorial Chapel, is the lead coordinator for the event and will help lead the services.

"My father was in the Navy in World War II so I feel a personal connection to the Missouri through my father's experiences," he said.

Mendes said he looks forward to this year's Easter Sunrise Service.

"As a Sailor, I just love doing services on ships," he said. "I've done sunrise services on ships out to sea but nothing like this. It's humbling and an honor."

For more information, call the Pearl Harbor Memorial Chapel at 473-3971.

**"NAVIGATE" TO HO'OKELE ONLINE**

[www.hookelenews.com](http://www.hookelenews.com) or [www.cnic.navy.mil/hawaii](http://www.cnic.navy.mil/hawaii)

# Chung-Hoon takes one step closer to the top

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Sitting one game behind Pearl City Peninsula (PCP) Warriors in the standings, USS Chung-Hoon (DDG 93) Koa Kai defeated the Warriors, 52-41, on March 21 to grab sole possession of second place in the Afloat Division during an intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

In winning the head-to-head match, the victory raised Chung-Hoon's record to 5-2, which is good enough to exchange places with PCP, even though the Warriors have the same identical mark.

In facing one of the team's biggest challenges this season, Chung-Hoon's head coach Chief Hospital Corpsman Banny Chavez said that there was only one way to attack the Warriors.

"We know that they (Warriors) like to pressure, so the only way to beat pressure is to give pressure right back," Chavez said. "If we get a rebound, we're off and running."

The strategy to press the issue turned out to be a good one, as the Koa Kai got out to a quick lead and stayed in control for most of the first half.

Boatswain's Mate Seaman Emmanuel Morgan's jumper inside the lane gave Chung-Hoon their first double-digit lead at 23-13 with 8:52 remaining on the clock before halftime.

A lay-up by Chung-Hoon star guard Yeoman 3rd Class Courtney Sims kept the lead at 10 four minutes later at 29-19, but PCP wasn't going to give up with a full half of basketball remaining in the game.

A long bomb from beyond the arc by Gunner's Mate 2nd Class Ricardo Hodges

cut the lead down to five with 20 seconds to go in the half, but the margin went back up to eight at 32-24 when Sims completed a basket-at-one at the buzzer.

The lead at halftime could have been a lot bigger had it not been for the outside shooting of Hodges and his fellow teammates.

Hodges netted nine points on three treys in the first half to complement three more deep balls for a total of six for the Warriors.

In the second half, the Warriors kept chipping away at the lead until back-to-back baskets by Machinist's Mate 2nd Class Jordan Martin pulled PCP to within two points at 36-34.

However, with time winding down, reserve Cryptologic Technician (Collection) 3rd Class Daniel Kelley stepped up and swished a clutch three-pointer to put Koa Kai back up by five at 39-34.

The shot by Kelley not only stopped the Warriors' comeback dead in its tracks but also was a huge boost for the Koa Kai bench, which stepped up to secure the victory.

Sims went down hard after being fouled on a drive to the basket and was forced to sit out for five crucial minutes in which the Koa Kai reserves established and then took control.

"We have a good bench," Chavez said. "That's what really won us the game this time. When we broke away from the team (Warriors), four out of our five guys were subs. That's a sign of a good team, when we can rely on our bench to go out there and pick up the pace."

Sims, though, was the high scorer of the game with 18 points, while teammates Ship's Serviceman 2nd Class Ahmed Lyons got 11 and Logistics Specialist 3rd Class Nikita Mayo followed up with seven.

Even in defeat, Warriors head coach



Yeoman 3rd Class Courtney Sims tries to beat a wall of Pearl City Peninsula (PCP) Warriors defenders while taking the ball to the hoop.

ing to lose, it's better to do it now and get it out of its system before the playoffs.

"We ran through teams the whole year and we got a little too confident for ourselves," Cabrera said. "That was a good wakeup call. We regrouped, made a little comeback, but it took the gas out of us."

Although Chung-Hoon has been on a roll ever since they were barely defeated by the defending champs USS Port Royal (CG 73) on Feb. 21, Chavez said that the team has much more work to do before the postseason.

With the playoffs just around the corner, Chavez said that he likes the direction that the team is headed.

"We're still making mistakes," he admitted. "We have a lot of room to grow. Once everybody knows their roles, we're going to be better."

Machinist's Mate 1st Class Nelson Cabrera said that there were a lot of things that his team did well.

Cabrera said that he thought that the Warriors did a good job of containing Sims and that the team never gave up.

In fact, Cabrera said if the team is go-

## Airmen join Hickam Communities in community cleanup



Volunteers from several Joint Base Pearl Harbor-Hickam units joined Hickam Communities' staff for a community cleanup effort in the Onizuka Village neighborhood last month.

Story and photo by Hickam Communities

Donning gloves and carrying bundles of trash bags, nearly two dozen volunteers from the 690th Cyberspace Operations Squadron, 37th Intelligence Squadron and 647th Security Forces Squadron /S3D K-9 joined Hickam Communities' staff to help clean up Onizuka Village last month.

The community project at Joint Base Pearl Harbor-Hickam was the first to be undertaken by the "Airmen Care" initiative, a new program established earlier this year between Hickam Communities and JBPHH units

that encourages volunteerism among service members.

Plastic bottles, aluminum cans, old newspapers and candy wrappers are some of the items that can be found at Hickam Communities' parks, playgrounds and tot lots.

"It's important for all of us to take care of the communities we live in," said Senior Airman Mallory King, who helped create Airmen Care and is an active volunteer with several other non-profits on Oahu. "It's (volunteering) something I enjoy and plan to continue on a regular basis," she added.

"Many of our residents would like to give back and

make a difference in their community, so we're very thankful to have someone like SrAirman King to help create opportunities for them," aid Stephen Quinn, director of property management at Hickam Communities.

"Through the Airmen Care initiative, we plan to focus on other common areas in our community footprint each quarter, and we look forward to more residents joining service members and our staff."

For more information about Airmen Care and to get involved, contact Lauressa Richardson at lauressa.richardson@hickamcommunities.com.

## HIANG bounces back to capture first win

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Last year, Hawaii Air National Guard (HIANG) strung eight wins in a row to finish off the regular season with a Red Division title and a perfect 8-0 record.

A year later and another year older, the HIANG were stunned with a loss in their first game of the new season, which raised more than a few eyebrows around the intramural soccer community.

While the team will not match its unbeaten regular-season record of last year, the HIANG sent a message to the rest of the league that their season is far from over.

Facing a tough squad from the Coast Guard, the HIANG immediately got back on the winning track on March 21 by earning a hard-fought 1-0 victory in a Blue Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win evened HIANG's record at 1-1 while the Coast Guard suffered its second loss against one victory.

Despite starting off the season on the losing end, longtime HIANG striker Capt. Glen Hayase said that this year's squad is as strong as previous teams from the past.

"I think it's comparable," he said. "We have some veterans and some young blood, so I think we're good. We lost some key players last year, but we'll do OK."

Although the final score did not indicate it, this game was dominated by HIANG, which played almost the entire first and second half in Coast Guard territory.

The shots-on-goal attempts were decidedly in favor of the HIANG, but Hayase said that the off-season rust was just enough to prevent the ball from scoring.

"I think it was just one of those days," Hayase stated. "Part of it was most of the guys don't play outside of this league. I played last week, but the last time before that, at the end of last season, I shoved my shoes in



Capt. Glen Hayase (yellow shorts) watches from the background as his shot moves toward the goal.

my bag and last week I pulled them out."

One ball did manage to touch the back of the net and it took place at the midway point of the first half.

Capt. Skip Saito set up for a corner kick to the right of the Coast Guard's goal and, on the whistle, delivered a ball that floated toward the top of the box.

Holding his ground, Hayase got enough of the ball and then watched as it cleared the inside of the left upright for the score and 1-0 lead.

Saito said that he knew that if he would somehow place the ball near Hayase, the HIANG striker would find a way to get it to the goal.

"It was a lucky kick," Saito said about his kick from the corner. "It landed right to Glen Hayase's foot and he knocked it in. Glen's a type of guy that's a go-to player. You know if you get him the ball, he'll put it in the net. It's not about practice. It's knowing about each other's abilities and having confidence in them."

Hayase agreed with Saito and added that familiarity with each other's game was the key to getting the game-winning goal.

"One of the things I was joking about was that us guard guys are usually older," Hayase said. "That means that we've been playing together a lot longer. So we do get to know each other's skills and preferences."

Once he had the ball in his vicinity, Hayase said that his only hope was that he would get enough of the ball to finish the shot.

"In my mind, I was going to hit it solid," he said. "Thank goodness I got a little piece of it and the angle was good."

Hayase acknowledged that if HIANG was able to convert more of their attempts, the game could have been decided much earlier.

After seeing what could have been against the Coast Guard, Hayase said it's just a matter of time before everything starts to click.

"I think that by the next game, it will be good," he expressed. "Last week was tough, but this week we got a little more comfortable with each other. So I think by next week, we should be gelling. I mean, as much as 40-year-olds can gel once a week."

## Joint Base Holy week services announced

Brandon Bosworth

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam Holy Week events have been announced. They include:

• **Jewish services**

*Joint Military Passover Seder*, 6 p.m., April 3, Hale Koa Hotel Waikiki Ballroom. The registration deadline is March 27. For more information or to register, contact Dr. Daniel Bender at dab96744@gmail.com

• **Protestant services**

*Palm Sunday, March 29* 8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel 10:45 a.m., gospel service, Nelles Chapel

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

*Good Friday, April 3* 5 p.m., Good Friday service, Pearl Harbor Memorial Chapel

*Easter Sunday* 6:30 a.m., joint sunrise service, Battleship Missouri Memorial

8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel 10:45 a.m., gospel service,

Nelles Chapel.

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

• **Roman Catholic services**

*Palm Sunday, March 28* 5 p.m., Catholic Mass, Hickam Chapel Center

*Palm Sunday, March 29* 8:45 a.m., Palm Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Palm Sunday Mass, Hickam Chapel Center

*Holy Thursday, April 2* 7 p.m., Holy Thursday Mass/feet washing, Pearl Harbor Memorial Chapel

7 p.m., Holy Thursday Mass, Hickam Chapel Center

*Good Friday, April 3* 7 p.m. Good Friday Holy Communion service, Pearl Harbor Memorial Chapel

7 p.m. Good Friday Holy Communion service, Hickam Chapel Center

*Holy Saturday/ Easter Vigil, April 4* 7 p.m. Easter Vigil Mass, Hickam Chapel Center

7:30 p.m. Easter Vigil Mass, Pearl Harbor Memorial Chapel

*Easter Sunday, April 5* 9 a.m. Easter Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Easter Sunday Mass, Hickam Chapel Center.

### Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / editor@hookelenews.com



# Live the Great Life



MWR Marketing Photo

Kids and adults can experience activities at Saturday's open house at the Hickam Arts & Crafts Center.

## MWR to hold spring open house Saturday

Justin Hirai

Joint Base Pearl Harbor-Hickam  
Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will celebrate National Craft Month by hosting a spring open house from 11 a.m. to 3 p.m. Saturday at the Hickam Arts & Crafts Center.

This will be the first of two open house events this year. The second is scheduled to take place in December.

Patrons will have an opportunity to see

all that the center has to offer. All facility departments, including the ceramics, engraving, wood and frame shops, will be open with demonstrations happening throughout the afternoon. The retail store will have special deals on selected craft supplies.

There will be free activities for the whole family, including make-and-takes, which are small crafts kids can make and take home. There will also be door prizes, free hot dogs and soda.

For more information, call 448-9907, ext. 101 or 102, or visit [www.greatlife.hawaii.com](http://www.greatlife.hawaii.com).



MWR Marketing photo

Sailing classes start at the beginning of every month at Rainbow Bay Marina and Hickam Harbor.

## Sailing classes begin next week on base

Reid Tokeshi

Joint Base Pearl Harbor-Hickam  
Morale, Welfare and Recreation

The marinas at Hickam Harbor and Rainbow Bay at Joint Base Pearl Harbor-Hickam offer monthly sailing classes tailored for both kids and adults.

Beginner sailing classes for children ages 10 years and older will be held every Monday and Wednesday at Rainbow Bay Marina.

The \$50 fee covers a month's worth of classroom theory and on-the water instruction from certified instructors.

For those who have already taken this class, a month-long level-two course is also available on Tuesdays and Thursdays. Each session is two hours long, so students get 16 hours of instruction during the month.

Hickam Harbor also will hold a class for youth ages 10-15 years old on Tuesdays and Thursdays. Another course offered by Hickam Harbor is a month-long class for

children ages 8 and 9 years old. This class, called the Keiki After-School Intro to Sailing, is designed for young, new sailors-to-be who may be a little apprehensive.

In addition, for those ages 16 years and older, both marinas conduct Start Sailing Right classes. These four-hour long classes are geared toward older teens and adults. The cost is \$75 and the classes are held every Saturday for a month.

For those who want a sample of what sailing is like before committing a full month's time, Rainbow Bay Marina offers family/group sailing instruction on Saturdays. This session runs from 9:30 a.m. to noon and costs \$10 per person.

Once the skill of sailing is learned, both harbors have boats available for rent. Weekly sailing sessions are also available.

All classes require advance registration. For more information, go to [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call the Rainbow Bay Marina office at 784-0167 or the Hickam Harbor office at 449-5215.

## Your Weekly Fun with MWR

Visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or subscribe to MWR's digital magazine Great Life Hawaii.



**Double Feature Friday** will begin at 5:30 p.m. today at Sharkey Theater. Patrons can watch two movies for the price of one admission ticket. The featured films are "McFarland, USA" (rated PG) and "Focus" (rated R). FMI: 473 0726.

**5K Moustache March** will begin at 8 a.m. Saturday at the Hickam Fitness Center. Registration for this free 5K run begins at 7 a.m. Awards will be given in the following categories: men; women; men's stroller; women's stroller; youth (male and female); most extravagant moustache. FMI: 448-2214.

**Monday Night Kid's Night** will be held from 5 to 9 p.m. March 30 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can obtain a free kid's meal with the purchase of an adult entrée. A bounce house will be available for children from 5 to 7 p.m. FMI: 422-3002.

**Half-Price Aeration Special** will run from March 31 through April 5 at Mamala Bay Golf Course. Green fees will be half-price during aeration of the greens and turf. The course will be closed all day March 30 before the half-price aeration special begins. FMI: 449-2304.

**18th Annual Hawaii All-Military Bowling** Tournament will begin at 10 a.m. March 31 at Naval Station Bowling Center, April 1 at K-Bay Lanes, April 2 at Schofield Bowling Center, and April 3 at Hickam Bowling Center. The best of the Hawaii military bowlers will compete to win the "HAM" title. Bowlers include active-duty Army, Air Force, Navy, Marines, Guard, Reservists and retirees. Admission is free for spectators. FMI: 473-2651.

**Miniature Library Contest** entries will be accepted from April 1 to 22 at the Joint Base Pearl Harbor-Hickam Library. This contest celebrates

National Library Week and is open to all children and teens. Entrants can create a library diorama (a 3-D miniature model) in a shoebox. Any materials are acceptable (paper, cardboard, scrapbook paper, LEGOs, Playmobil figures). All entries will be displayed in the library and voted on by library staff. The winning diorama will be photographed and made into a library poster celebrating National Library Week of 2016. There is no fee to enter the contest. FMI: 449-8299.

**Mongolian BBQ** will be offered from 5:30 to 8 p.m. April 2 on the lanai of the Historic Hickam Officers' Club. A

variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

**Ford Island Bridge Run** will begin at 7 a.m. April 4 at the Adm. Clarey Bridge next to Kamehameha Highway. Late entries will be accepted until April 3 with a registration fee of \$30. Race day entries will be accepted until 6:45 a.m. with a registration fee of \$45. Pets are not allowed. The application is available for download at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com). FMI: 473-2494 or 473-2437.

**MARCH**

**A-OK PROGRAM**

**NOW** — The Pearl Harbor Navy Exchange (NEX) gives back to students with good grades. Parents can bring their child's most recent report card to the NEX to register for the Project A-OK program. The child could win \$3,000, \$2,000 or \$1,000 from NEX. FMI: see the NEX Aloha Center in the mall rotunda or call 423-3287.

**YOU MADE THE GRADE**

**NOW** — The Army & Air Force Exchange Service is rewarding military students who excel in the classroom with its You Made the Grade program. Students in first through 12th grades who maintain a B average or better are eligible to receive a coupon book with free offers and discounts. Scholars can also enter the You Made the Grade semiannual sweepstakes to receive gift cards worth \$2,000, \$1,500 or \$500. Students and guardians can check with their local exchange store manager for more information about the exchange's You Made the Grade program. FMI: <http://www.shopmyexchange.com> or follow on Twitter at <https://twitter.com/ExchangePAO>.

**THREE-POINT SHOOT-OUT**

**SATURDAY** — Hickam Communities will host a three point shoot-out out from noon to 1 p.m. at Earhart Recreational Complex, intersection of Aupaka Street and Malick Avenue. The event is a fitness activity for youth ages 5 to 18 who can compete in a three-point and free throw competition to win prizes. FMI: [www.hickamcommunities.com](http://www.hickamcommunities.com) or 853-3776.

**BREAKFAST WITH THE EASTER BUNNY**

**SATURDAY** — Breakfast with the Easter bunny will begin at 8 a.m. at the Pearl Harbor Navy Exchange food court lanai. The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts. The cost is \$12 for children and \$10 for adults. FMI: 423-3287 or email [Stephanie.Lau@nexweb.org](mailto:Stephanie.Lau@nexweb.org).

**BLOOD DRIVE**

**31** — A blood drive will be held from 9 a.m. to 1 p.m. at Makalapa Clinic, Joint Base Pearl Harbor-Hickam. FMI: 433-6699, 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

**APRIL**

**WALK TO SAFETY**

**1** — The Joint Base Pearl Harbor-Hickam Department of Emergency Management will host a one-mile "Walk to Safety" beginning at 11:30 a.m. at Aloha Aina Park. The walk will be in conjunction with the monthly tsunami siren test. The event helps promote tsunami awareness and demonstrates that people can walk to safety in less than 30 minutes. FMI: 448-2742 or [larry.w.sabatine@navy.mil](mailto:larry.w.sabatine@navy.mil) or [larry.sabatine.ctr@hickam.af.mil](mailto:larry.sabatine.ctr@hickam.af.mil). All hands are invited to walk.

**PEARL HARBOR COLORS**

**1, 23** — The Pearl Harbor Colors honors and heritage ceremony will include a special event beginning at 7:30 a.m. April 1 at the Pearl Harbor Visitor Center commemorating the Chief Petty Officers' Birthday. Fleet Master Chief Ramirez will preside and offer keynote remarks. In addition, a Pearl Harbor Colors ceremony on April 23 will have the theme of "Energy and Environment."

**SAAPM CEREMONY**

**2** — A Joint Base Pearl Harbor-Hickam Sexual Assault Awareness and Prevention Month (SAAPM) proclamation signing ceremony will begin at 8:30 a.m. at Hickam Memorial Theater.

**FORD ISLAND BRIDGE CLOSURE**

**4** — The Ford Island Bridge will be closed from 6:55 to 7:35 a.m. in support of the 18th annual Ford Island Bridge Run, sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation. The 10K race will start at 7 a.m. at the entrance to the bridge, proceed clockwise around the island and end at Richardson Field, across from Aloha Stadium. All motorists and pedestrians should plan accordingly. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**PEARL HARBOR BIKE PATH CLEANUP**

**4** — Joint Base Pearl Harbor-Hickam and other military volunteers can participate in the next Pearl Harbor Bike Path cleanup led by the City and County of Honolulu. Volunteers ages 12 and above should meet at the far end of the Best Buy parking lot in Aiea by 7:30 a.m. Volunteers should dress to get dirty. The city will also host Earth Month festivities at Neal Blaisdell Park starting at 11 a.m. FMI: Chief Master-at-Arms William Matteson at [William.n.matteson@navy.mil](mailto:William.n.matteson@navy.mil) or (209) 216-7190 or Tom Clements at 473-0662 or email [tom.clements@navy.mil](mailto:tom.clements@navy.mil).

**EASTER SUNRISE SERVICE**

**5** — An Easter Sunday Sunrise service will begin at 6:30 a.m. at the Battleship Missouri Memorial.

**EARTH EVENTS**

**13-19** — The Pearl Harbor Navy Exchange (NEX), Joint Base Pearl Harbor-Hickam and other Earth Day partners will welcome all authorized patrons to "think green" from 9 a.m. to 1 p.m. April 13 to 17 and 11 a.m. to 2 p.m. April 18 and 19 at the NEX outdoor living center. The activities will include eco-friendly demonstrations, information booths, games, products, giveaways and drawings for prizes. FMI: 423-3274.

**HOLOCAUST REMEMBRANCES**

**14, 16** — Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will host observances with the theme "Learning from the Holocaust: Choosing to Act." The events include a presentation on "Schindler's List" beginning at 3 p.m. April 14 at Hickam Memorial Theater. In addition, an observance featuring Dr. Peter Hoffenberg of UH-Manoa will begin at 11 a.m. April 16 at the Aloha Jewish Chapel.



**McFARLAND, USA (PG)**

A track coach in a small California town transforms a team of athletes into championship contenders.

**SHARKEY THEATER**

**TODAY 3/27**

**DOUBLE FEATURE FRIDAY**

See two movies for the price of one ticket.

5:30 p.m. McFarland, USA (PG)

8:00 p.m. Focus (R)

**SATURDAY 3/28**

2:30 p.m. The SpongeBob Movie: Sponge Out of Water (PG)

4:40 p.m. The DUFF (PG-13)

6:50 p.m. Kingsman: The Secret Service (R)

**SUNDAY 3/29**

2:30 p.m. The SpongeBob Movie: Sponge Out of Water 3D (PG)

4:40 p.m. Jupiter Ascending (PG-13)

7:20 p.m. The Lazarus Effect (PG-13)

**THURSDAY 4/2**

7:00 p.m. Seventh Son (PG-13)

**HICKAM MEMORIAL THEATER**

**TODAY 3/27**

6:00 p.m. McFarland USA (PG)

**SATURDAY 3/28**

4:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water (PG)

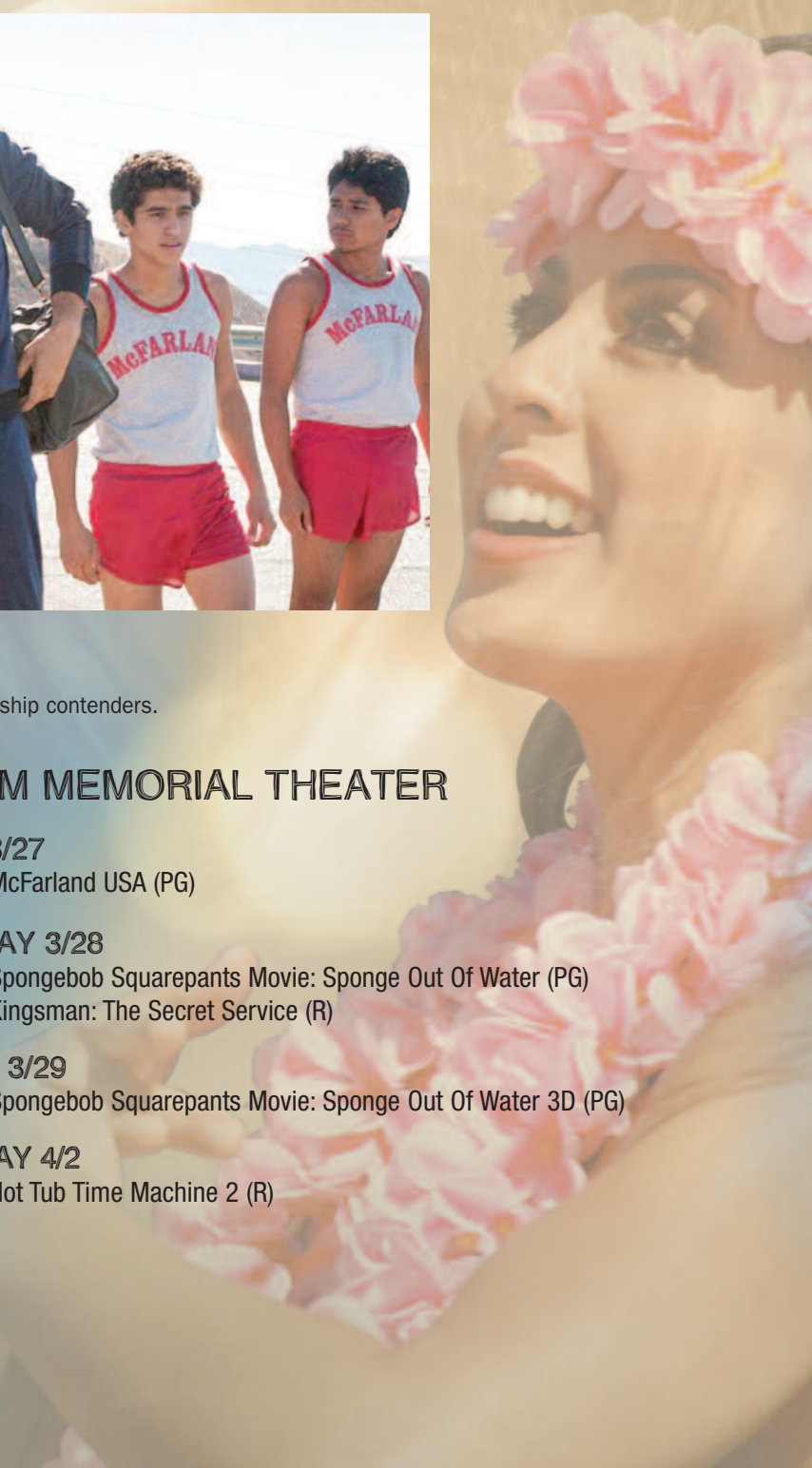
7:00 p.m. Kingsman: The Secret Service (R)

**SUNDAY 3/29**

2:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water 3D (PG)

**THURSDAY 4/2**

7:00 p.m. Hot Tub Time Machine 2 (R)



# Social media best practices: Minimizing your online risk

**Anna Marie General**  
Joint Base Pearl Harbor-Hickam  
Public Affairs

As social networking enables service members and their families to communicate and share information online, it has become an integral part of our lives to be reminded of the importance of operational security (OPSEC).

"Our adversaries make extensive use of social media to advertise, recruit and launch attacks. The recent publication of service member names, pictures, units and home addresses highlights the dangers posed for U.S. military members who are not careful with what type of personal information is available on social media," said Andrew Iuvalle, Navy Region Hawaii program manager for combatting terrorism.

According to the U.S. Navy Chief of Information's (CHINFO) OPSEC guidance, we all know "loose lips sink ships". Social media amplifies OPSEC risks because it enables greater volume and increased speed of information shared publicly.

While social media is encouraged among service members and their families as a great way to stay connected, it is always best to practice OPSEC and use common sense while engaging online. Here are some best practices to consider.

Best practices provided by the U.S. Navy Digital Media Engagement:

- Protect yourself and your family by avoiding details, especially related to a current deployment.
- Don't provide specific details about ship movements. Talk only about events that have happened and been released to the media.
- Share information about yourself smartly and be careful about what you disclose about your family and occupation. Use privacy settings to protect your personal information.
- Be careful who you friend or those who follow you on social media.

"The importance of OPSEC goes deeper than most military members and their families realize. Social networking is the single largest source for our adversaries to profile and gain information on military members and their families in order to maliciously target them," said Lt. Adam Barry, Navy Region Hawaii OPSEC representative.

"It is my personal opinion that we live in the most technologically advanced nation in the world, and therefore each and every one

of us could potentially be our own worst enemy if we choose to be oblivious and uneducated on the dangers of social media," Barry said.

Social media platforms such as Facebook, Twitter, LinkedIn and Google+ all have account settings to ensure that your information is shared in a limited fashion. Here are some do's and don'ts of social networking to remember:

- Only establish and maintain connections with people you know and trust. Review your connections often.
- Assume that anyone can see any information about your activities, personal life or professional life that you post and share.
- Ensure that your family takes similar precautions with their accounts. Their privacy and sharing settings can expose your personal data.
- Avoid posting or tagging images of you or your family that clearly show your face. Select pictures taken at a distance, at an angle, or otherwise concealed.
- Use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

"Be suspicious when personal information is requested. Legitimate organizations that do online transactions do not solicit passwords, dates of birth, social security numbers, credit card details and other personally identifiable information via phone, email or other message," said Steve Farmer, Navy Region Hawaii information assurance manager.

Protect yourself and your family by minimizing your security risk online. For more information on U.S. Navy social media best practices and OPSEC, visit <http://www.slideshare.net/USNavySocialMedia>.



# Navy launches eDIVO mobile app

Sea Warrior Program  
Public Affairs

WASHINGTON — The Navy launched a new app March 11 named eDIVO, designed to provide junior officers and chief petty officers with quick access to information and resources all conveniently located within one mobile application.

The eDIVO app is the creation of two junior officers, Lt. Charlie Hymen and Lt. John Harry, who were frustrated with the arduous task of sifting through numerous websites and documents in search of military guidance. Today, their idea and determination has led to the eDIVO app, developed by the Navy and now available for free in the App Store and Google Play Store.

The eDIVO app aggregates publicly available information providing quick access to more than 44 documents and 8,300 pages of information in one convenient place, significantly decreasing the amount of time it takes to search for frequently needed information. In addition, the eDIVO app works when disconnected thus enabling use anywhere, whether ashore or afloat.

"The basic concept was to design a mobile app to help division officers and chief petty officers with their day-to-day management of personnel and divisional affairs, as well as give them the tools to succeed as effective leaders," said Hymen. "Actually seeing our app turn into a reality is very fulfilling."

"We are thrilled to see this app launched today in both the Apple and Android platforms because we understand first-hand how this product will make life easier for the division officer," said Harry.

[The] eDIVO is a bring-your-own-device (BYOD) tool available for smartphones and tablets and allows the division officers to find applicable information such as basic military requirements, evaluation writing, sexual assault and harassment, legal issues, enlisted advancement, equal opportunity and navigation basics. It is designed to help divisional officers (DIVO) take the appropriate steps when faced with typical situations they encounter day-to-day.

Beta testers of eDIVO have given the app positive reviews.

"Instead of spending countless hours searching for instructions, forms and other



U.S. Navy photo by Krishna Jackson

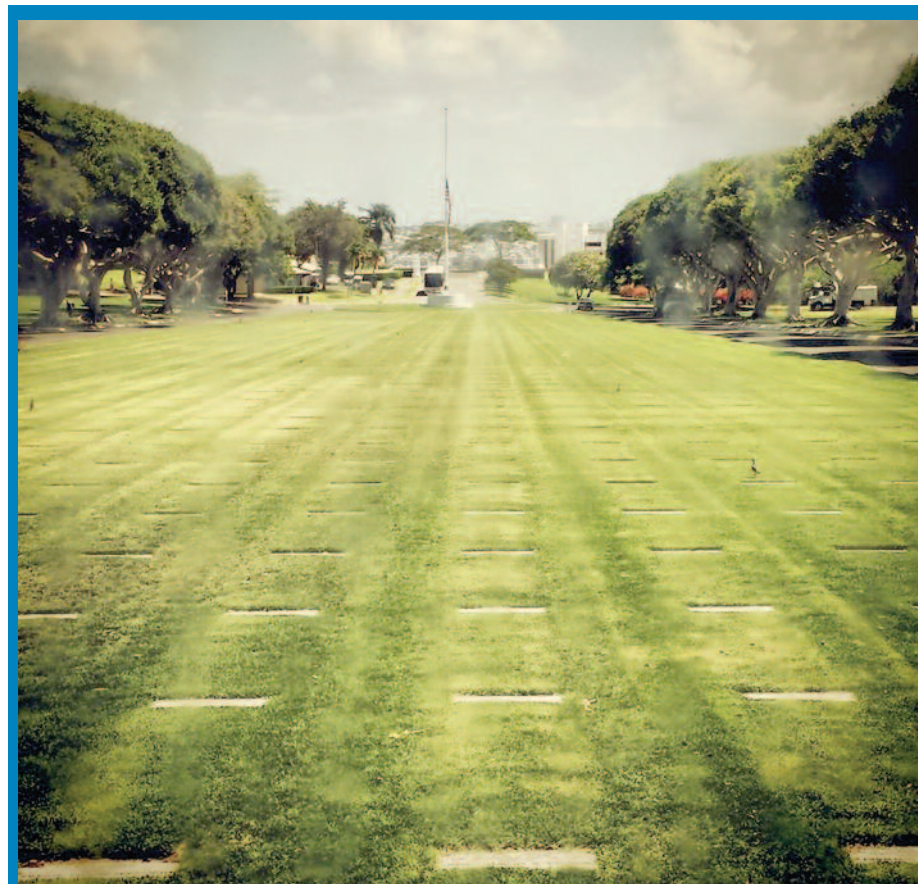
A visitor to the Armed Forces Communications and Electronics Association-U.S. Naval Institute West 2015 convention on Feb. 2 tries the eDIVO application on a smart phone.

essential administration, division officers have all of the necessary tools at their fingertips and can spend more time leading and developing their Sailors. I can't stress enough how much of a positive impact eDIVO will have on the surface Navy," said Lt. j.g. David Galiyas, assistant plans and policies officer, Amphibious Squadron (COMPHIBRON) 6.

Also included with the app is a rules of the road quiz that includes a question bank of more than 1,200 questions (and answers) ensuring that those standing watch are equipped with the resources and training they need to keep their ships safe.

"[The] eDIVO revolutionizes the way a DIVO can work and brings being a naval officer into the 21st century. Being able to access key publications, helpful tips, and rules of the road quizzes from my phone, I am able to immediately make an impact within my division. It even works on airplane mode so I can use it on the high seas," said Lt. j.g. Hans Lauzen, eDIVO tester and combat information center officer, USS Essex (LHD 2).

The division officer app was developed by the U.S. Navy Sea Warrior Program (PMW 240) and produced under an agile development process that allowed an operational utility prototype to be released within six months. This process was specifically designed to develop the eDIVO app, and future apps, on a short timeline and small budget.



## My Favorite Photo...

Air Force Staff Sgt. Carl D. Sanders, unit deployment manager for 690th Cyberspace Operations Squadron (COS/CYT), took this photo of the National Memorial Ceremony of the Pacific, also known as Punchbowl Cemetery.

How to submit: send your non-posed photos to [editor@hookelenews.com](mailto:editor@hookelenews.com).